

What is Claimed is:

1. A method for treating arthritis in mammals by administering a therapeutically effective amount of a composition comprising:

a) an inhibitor of nitric oxide synthase, and

b) an aminosugar.

2. The method of claim 1, wherein said aminosugar in the composition is selected from the group consisting of: glucosamine, glucosamine hydrochloride, glucosamine sulfate, N-acetylglucosamine and mixtures thereof.

3. The method of claim 1, wherein the composition optionally contains additional agents selected from the group consisting of: glycosaminoglycans, vitamin A, vitamin B, vitamin E, selenium, silica, manganese, magnesium, copper, boron, analgesics, anti-inflammatory agents, methyl-sulfonyl-methane, S-adenosyl-methionine, alpha-lipoic acid, aloe vera extract, antioxidants, anti-infective agents, adjuvants, anthocyanidins, proanthocyanidins, and herbal derivatives, and mixtures thereof.

4. The method of claim 1, wherein said composition has an enteric coating to deliver the composition orally in a controlled release into the gastrointestinal tract.

5. The method of claim 1, wherein the composition further comprises a carrier suitable for oral, rectal, parental, intravenous, topical, transdermal, subcutaneous, and intramuscular administration.

6. The method of claim 1, wherein said inhibitors of nitric oxide synthase include zinc compounds, arginine derivatives, flavoprotein binders, diphenylene iodonium and derivatives thereof, ornithine and derivatives thereof, N-imino-ethyl-L-ornithine, tetracycline, L-canavanine, citrulline, redox dyes, methylene blue, calmodulin binders, trifluoropiperazine, calcinarin, heme binders,

tetrahydropterin derivatives, aminoguanidine, depleters of biopterin, methotrexate, nonsteroidal anti-inflammatory agents, sodium salicylate, and mixtures thereof.

7. The method of claim 6, wherein said arginine derivatives include methylated arginines, substituted L-arginine, nitro-arginine, L-N^G-nitroarginine, N^G-monomethyl-L-arginine (NMA), N-nitro-L-arginine methyl ester, N-amino-L-arginine, N-methyl-L-arginine, N^G-monomethyl-L-arginine (L-NMA), L-N^G-monomethylarginine (L-NMMA).